


May Menu - Urbana Senior Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.68 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.</p>			
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
1 Navy Bean Soup Turkey & Cheddar Cheese Sandwich Lettuce & Tomato Pickled Beets Mandarin Oranges	2 Pot Roast Noodles Greek Style Salad w/ Feta Dices Pears <i>(Tuesday dinner: Supper Club)</i>	3 Pulled Pork BBQ Fresh Pepper Slaw Kale Greens Tropical Fruit Butterscotch Pudding	4 Center is Closed Join us for an Older Americans Month Celebration at Café 611. Reservations are required.
8 Burger with Swiss Cheese Maple Glazed Carrots Broccoli Slaw Cinnamon Apples Cinnamon Snap	9 Beef Stroganoff Noodles Glazed Carrots Sliced Apples <i>(Tuesday dinner: pancakes)</i>	10 Chicken Breast Squash Casserole Lentil Salad Pineapple Tidbits	11 Mother's Day Lunch with Nurse Steve Roast Beef Red Potatoes, Harvard Beets Tossed Salad, Melon Cherry Pie
15 Hamburger Cheddar Cheese Pepper Slaw Applesauce	16 Baked Potato Chili Con Carne Shredded Cheddar Tossed Salad Applesauce <i>(Tuesday dinner: fried chicken)</i>	17 Lentil Soup Turkey & Swiss Sandwich Lettuce & Tomato Copper Pennies Diced Pears	18 Beef Stew with Vegetables & Potatoes Diced Peaches Chocolate Pudding
22 Roasted Turkey Mashed Potatoes Seasoned Spinach Pickled Beets Tropical Fruit	23 Pork Dijon Cut Sweet Potatoes Braised Red Cabbage Diced pears <i>(Tuesday dinner: pizza)</i>	24 Split Pea Soup Tuna Salad Sandwich Lettuce & Tomato Broccoli Slaw Peach Crisp	25 Chicken Stew with Peas & Carrots Yellow Rice Pilaf Applesauce
29 Center is Closed 	30 Baked Ham Sweet Potatoes Green Beans Diced Peaches Cinnamon Snap <i>(Tuesday dinner: hot dogs)</i>	31 Multi Bean Soup Chicken Salad Sub Lettuce & Tomato Green Style Salad w/Feta Diced Pears	June 1 Spaghetti w/Meatballs Mixed Vegetables Tropical Fruit

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)

Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.

Cancellations may be made up to 24 hours in advance.

Register in person at the Center or call 301-600-7020.

Cost

The current cost is \$4.68 per participant per meal.

The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".

Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 1:30 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.